



# Welcome to the Deal With It Website

You can start the journey by completing a short questionnaire to assess your current coping strategies by clicking on this link:

[DWI Coping Questionnaire](#)

The “Results” document in the Welcome section of this site will help to explain your score. If you want more information about the questionnaire or if you would like to use it in your own research, please email us on [info@dealwithit.co.nz](mailto:info@dealwithit.co.nz) or use the contact form to send us a message.

**Thank you for visiting our site and for joining us on the Deal With It journey.** You have decided to be proactive about the challenges in your life and we commend you for it. You refuse to sit back any longer and see your life unfold in a downward and unfulfilling spiral. You have tremendous potential!

I am passionate about helping people reach their full potential. This website and related resources are designed to help you develop your natural ability to stand up from challenges you have faced and to work through challenges you may still be facing, now or in the future. I have been interested in the topics of stress and resilience for many years. It started around 1995 and since then I have spoken with many people, read widely and also conducted my own research, some of which has been published in peer-reviewed journal articles, mainstream media, book chapters and also several seminars and talks.

Through the years I have come to realize that people have a natural ability to manage the challenges they face and that they sometimes just need someone to help them along the way.

Information, resources and services accessed via the Deal With It (DWI Limited) and related platforms do not replace professional medical, psychological or related services. Please do get in touch with your local providers to ensure you do receive any assistance you may need.

You have far more courage, tenacity, endurance and resilience than you give yourself credit for. Sometimes this means that you need to realize when to ask for help and for this reason the information, resources and services accessed via the Deal With It, DWI Limited, and related platforms do not replace professional medical, psychological or related services. Please do get in touch with your local providers to ensure you do receive any assistance you may need. One of the principles of Deal With It is that you become aware of instances where you may need help, including professional help, and that there is nothing wrong with it. Your commitment is to ensure that you do what it takes to reach your full potential. I have not ever come across anyone who has done so by themselves. We all need a hand from time-to-time, a coach, mentor, friend, even a medical professional.

Some of what you experience as part of the 'Deal With It' portfolio may at times seem very direct, but as I always say to people, I never underestimate how challenging what you have been through or might be going through is; but I also never underestimate your ability to deal with it successfully. Whenever we need to ensure our businesses or vehicles, and other pieces of technology work, we don't seem to mind seeking experts. But for some reason there seems to be something wrong with asking help from experts when we need to deal with pain, suffering, or health issues.

The material you find here will often encourage you to challenge yourself and to seek help, even expert help. Do what it takes to Deal With It. We look forward to engaging with you through our resources. Please feel free to contact us via our webpage [www.dealwithit.co.nz](http://www.dealwithit.co.nz) and share the page with people you know.

**Stay strong!**

